



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09164, Litchis, raw

Report Date: June 30, 2017 12:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Common Name: lychee

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse:40% Refuse Description: Shell and seeds

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup 190g | 1 fruit without refuse 9.6g |
|-----------------------------|------|---------------------|-------------|------------|---------------|--------------------------------|
| Proximates | | | | | | |
| Water | g | 81.76 | 9 | 1.019 | 155.34 | 7.85 |
| Energy | kcal | 66 | -- | -- | 125 | 6 |
| Energy | kJ | 276 | -- | -- | 524 | 26 |
| Protein | g | 0.83 | 7 | 0.046 | 1.58 | 0.08 |
| Total lipid (fat) | g | 0.44 | 7 | 0.133 | 0.84 | 0.04 |
| Ash | g | 0.44 | 6 | 0.057 | 0.84 | 0.04 |
| Carbohydrate, by difference | g | 16.53 | -- | -- | 31.41 | 1.59 |
| Fiber, total dietary | g | 1.3 | -- | -- | 2.5 | 0.1 |
| Sugars, total | g | 15.23 | -- | -- | 28.94 | 1.46 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 5 | 7 | 1.586 | 10 | 0 |
| Iron, Fe | mg | 0.31 | 5 | 0.061 | 0.59 | 0.03 |
| Magnesium, Mg | mg | 10 | 2 | -- | 19 | 1 |
| Phosphorus, P | mg | 31 | 7 | 3.387 | 59 | 3 |
| Potassium, K | mg | 171 | 5 | 23.479 | 325 | 16 |
| Sodium, Na | mg | 1 | 3 | 0.151 | 2 | 0 |
| Zinc, Zn | mg | 0.07 | 1 | -- | 0.13 | 0.01 |
| Copper, Cu | mg | 0.148 | 1 | -- | 0.281 | 0.014 |
| Manganese, Mn | mg | 0.055 | 1 | -- | 0.104 | 0.005 |
| Selenium, Se | µg | 0.6 | -- | -- | 1.1 | 0.1 |

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|--------------------------------|------|---------------------|-------------|------------|---------------|--------------------------------|
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 71.5 | 14 | 10.286 | 135.8 | 6.9 |
| Thiamin | mg | 0.011 | 2 | -- | 0.021 | 0.001 |
| Riboflavin | mg | 0.065 | 3 | 0.009 | 0.123 | 0.006 |
| Niacin | mg | 0.603 | 3 | 0.147 | 1.146 | 0.058 |
| Vitamin B-6 | mg | 0.100 | -- | -- | 0.190 | 0.010 |
| Folate, total | µg | 14 | -- | -- | 27 | 1 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 |
| Folate, food | µg | 14 | -- | -- | 27 | 1 |
| Folate, DFE | µg | 14 | -- | -- | 27 | 1 |
| Choline, total | mg | 7.1 | -- | -- | 13.5 | 0.7 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 1 | -- | 0 | 0 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 0 | 1 | -- | 0 | 0 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | -- | -- | 0.13 | 0.01 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.4 | -- | -- | 0.8 | 0.0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.099 | -- | -- | 0.188 | 0.010 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |

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|------------------------------------|------|------------------|-------------|------------|------------|-----------------------------|
| 14:0 | g | 0.002 | -- | -- | 0.004 | 0.000 |
| 16:0 | g | 0.070 | -- | -- | 0.133 | 0.007 |
| 18:0 | g | 0.024 | -- | -- | 0.046 | 0.002 |
| Fatty acids, total monounsaturated | g | 0.120 | -- | -- | 0.228 | 0.012 |
| 16:1 undifferentiated | g | 0.001 | -- | -- | 0.002 | 0.000 |
| 18:1 undifferentiated | g | 0.119 | -- | -- | 0.226 | 0.011 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.132 | -- | -- | 0.251 | 0.013 |
| 18:2 undifferentiated | g | 0.067 | -- | -- | 0.127 | 0.006 |
| 18:3 undifferentiated | g | 0.065 | -- | -- | 0.123 | 0.006 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.007 | 1 | -- | 0.013 | 0.001 |
| Lysine | g | 0.041 | 1 | -- | 0.078 | 0.004 |
| Methionine | g | 0.009 | 1 | -- | 0.017 | 0.001 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |